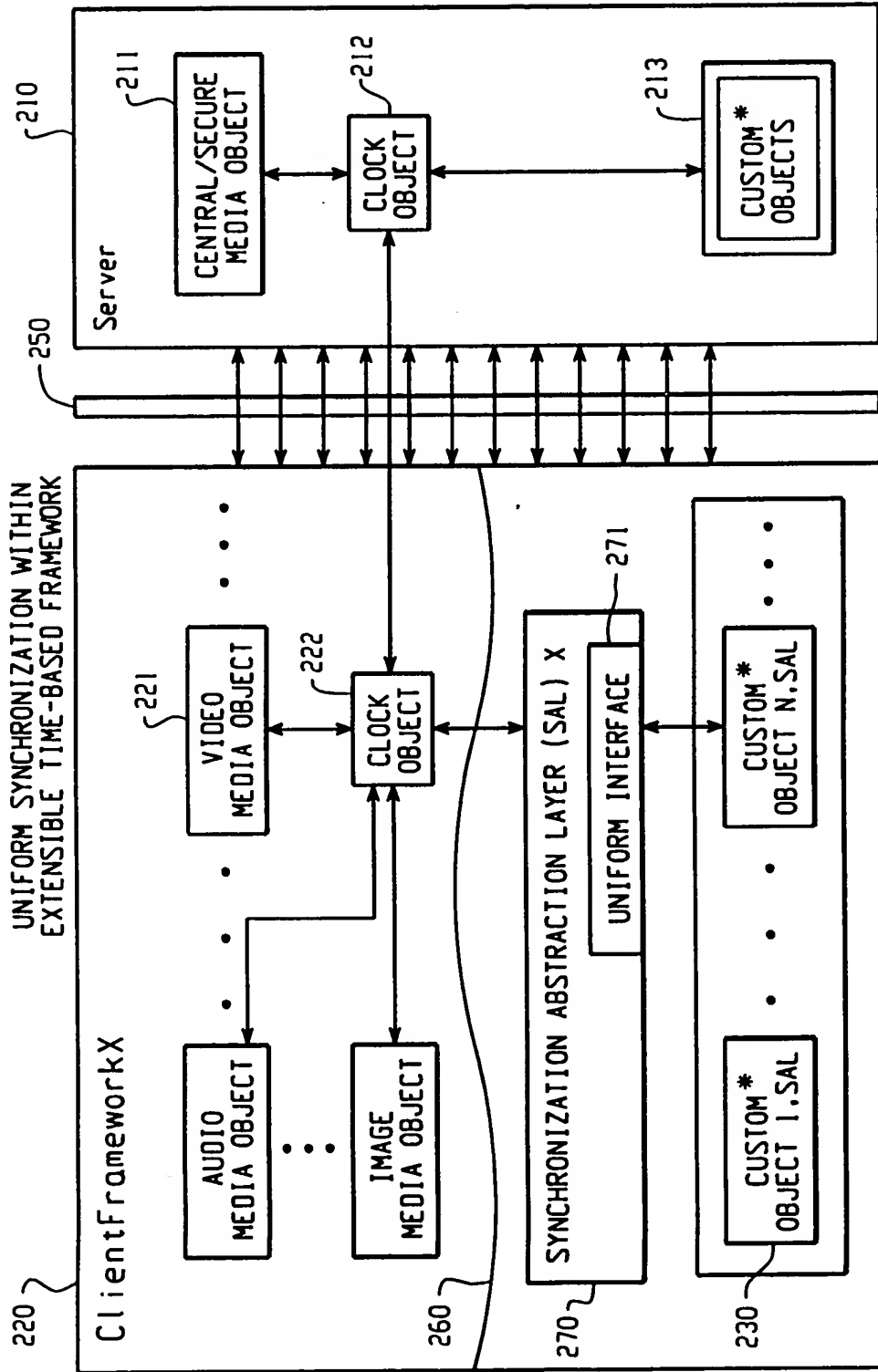


Fig. 1

PRIOR ART



\* EXTENSIBLE/PROGRAMMABLE/EXECUTABLE INDEPENDENT OF Framework X

Fig. 2

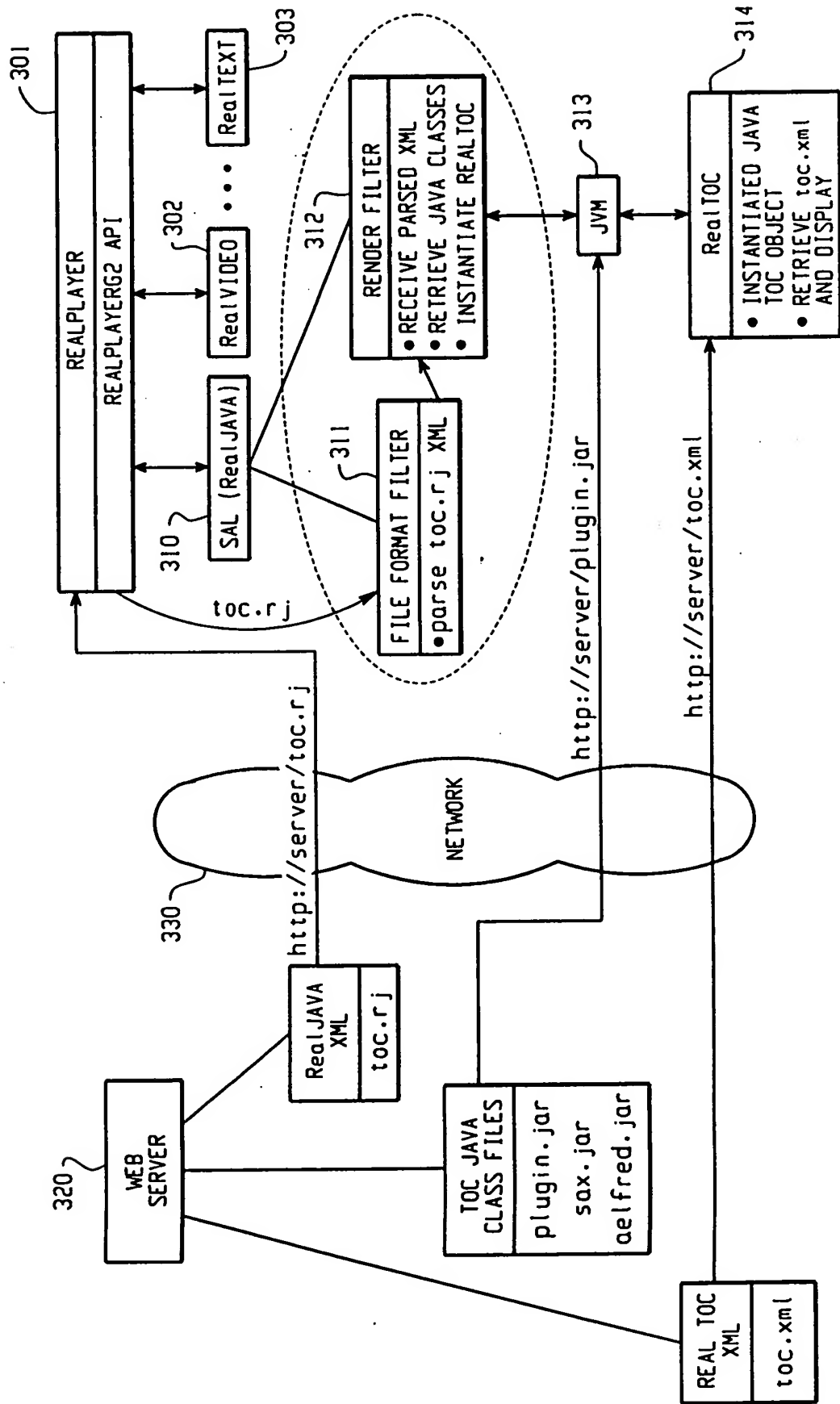


Fig. 3

```

(toc.rj)
<?xml version = "1.0"?>
<object
  classid = "com.softcom.real.java.plugins.RealTOC "
  codebase = "../..//website/demos/plugins/codebase/"
  archive = "plugin.jar,sax.jar,aelfred.jar"
  width = "352" height = "350"
  sync = "1000"
  duration = "900000"
  >
  <param name = "URL" value = "toc.xml" />
</object>

```

*Fig. 4*

```

(toc.smi)
<smil>
  <head>
    <layout>
      <region id = "videoRegion" left = "0" top = "0"
Width = "176" height = "120"
      fit = "meet" />
      <region id = "tocRegion" left = "0" top = "120"
Width = "176" height = "200"
      fit = "fill" />
    </layout>
  </head>
  <body>
    <par>
      <video id = "video"
src = "rtsp://demo.softcom.com/heat/video/heatsuresmooth.rm"
region = "videoRegion" />
      <ref id = "toc" src = "toc.rj" region = "tocRegion"
fill = "freeze" />
    </par>
  </body>
</smil>

```

*Fig. 6*

```
<?xml version = "1.0"?>
<TOC>
  <NODE BEGIN = "0ms" END = "38684ms">
    <TITLE>Acknowledgements</TITLE>
  </NODE>
  <NODE BEGIN = "38685ms" END = "57627ms">
    <TITLE>Body Temperature</TITLE>
  </NODE>
  <NODE BEGIN = "57628ms" END = "68999ms">
    <TITLE>Exercise</TITLE>
    <NODE BEGIN = "69000ms" END = "96757ms">
      <TITLE>Thermoregulatory System</TITLE>
    </NODE>
  </NODE>
  <NODE BEGIN = "96758ms" END = "126114ms">
    <TITLE>Course Overview </TITLE>
  </NODE>
  <NODE BEGIN = "126115ms" END = "319999ms">
    <TITLE>Body Temperature</TITLE>
  </NODE>
  <NODE BEGIN = "320000ms" END = "323335ms">
    <TITLE>Heat Related Illness</TITLE>
    <NODE BEGIN = "323336ms" END = "371783ms">
      <TITLE>Heat Fatigue</TITLE>
    </NODE>
    <NODE BEGIN = "371784ms" END = "398749ms">
      <TITLE>Heat Cramps</TITLE>
    </NODE>
    <NODE BEGIN = "398750ms" END = "437021ms">
      <TITLE>Heat Collapse</TITLE>
    </NODE>
    <NODE BEGIN = "437022ms" END = "510601ms">
      <TITLE>Heat Exhaustion</TITLE>
    </NODE>
    <NODE BEGIN = "510602ms" END = "560999ms">
      <TITLE>Heat Stroke</TITLE>
      <NODE BEGIN = "561000ms" END = "590898ms">
        <TITLE>Symptoms</TITLE>
      </NODE>
      <NODE BEGIN = "590899ms" END = "654966ms">
        <TITLE>Treatment</TITLE>
      </NODE>
    </NODE>
  </NODE>
  <NODE BEGIN = "654967ms" END = "900000ms">
    <TITLE>Precautions</TITLE>
  </NODE>
</TOC>
```

Fig. 5